## TheMainstream

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Go confidently in the direction of your dreams. Live the life you have imagined - Henry David Thoreau

# Athletic director retiring after 30 years

#### DUSTIN BARNEBURG for The Mainstream

Walking into Cheryl Yoder's office can be a bit overwhelming. Thirty years of Umpqua Community College history surrounds you on all sides. Framed photographs of countless faces, representing decades of memories, line and dot nearly every inch of her office.

Yoder, UCC's athletic director, seems apprehensive about having to clear her office walls which are covered in the moments that meant so much during her three decades at Umpqua — not because of the amount of actual time she knows it's going to take her, but because it means she is saying goodbye.

# "I just love Douglas County. I love the college. This was the perfect job and a great place to raise kids." -Cheryl Yoder

After 30 years, UCC's longtime athletic director, coach and educator has announced her plans to retire at the end of the school year.

"I've been teaching for almost 40 years, and when you think about how all of the sudden you're not going to be teaching, it's tough," Yoder said. "It's going to be a big lifestyle change. It's bittersweet; I love the interaction with students, and I love just being around the students. That's why I near moved up into administration. That is something I'm really going to miss. I'm just ready. My body is ready, and my mind is ready."

In 1986, UCC President
James Kraby hired Yoder fulltime, fulfilling a number of needs
on campus. In addition to being a
faculty member, Yoder worked as
the summer recreation director in
charge of all aquatic activities at the
college. She also took over coaching

responsibilities of the women's volleyball team, a sport Yoder was familiar with before coming to UCC.

Yoder coached two seasons at Northern Arizona University as part of her graduate program; she also spent a year at Corona Del Mar High School and three more at Lane Community College before landing at Umpqua. Coaching is something that left an indelible mark on Yoder during her time at the college.

"As a coach, you have the ability to really create bonding memories with your athletes that are forever."

With a quick smile, Yoder recalls how she always seemed to find herself in trouble so-to-speak with Kraby during her early years at UCC.

"He (Kraby) could be tough,"
Yoder said. "After every game, he was
my first phone call. Not to the media,
but to him. And if you lost that night,
he wanted to know why."

On her first road trip as UCC's volleyball coach, Yoder lost the bank bag that housed all of the money needed for the trip. Thirty years later she laughs, but she still cringes about the plight she put herself in.

"I was always in trouble with him," Yoder said. "I was young and just kind of a renegade, I think. I'm surprised I didn't get fired."

There is little doubt, however, that Yoder was doing something right since she continued coaching women's volleyball for 16 straight seasons.

"When I first got this joh I thought, 'Oh, maybe I'll be here for a few years and move on,' but I never did." Yoder said. "I just love Douglas County. I love the college. This was the perfect job and a great place to raise kids."

UCC also ended up providing her with the opportunity to meet the love of her life, Dan Yoder. In 1993, Cheryl began dating Dan while he was the IT department's senior program analyst. In September 1996, the two were married.

"Jacky Hagan, our former vice president, used to say we were UCC sweethearts," Yoder said. "It's nice to have someone to bounce work stuff off of at home after a long day. But, we don't just drag on about it." Twenty years later, Dan Yoder offers perspective on the family the college has provided him.

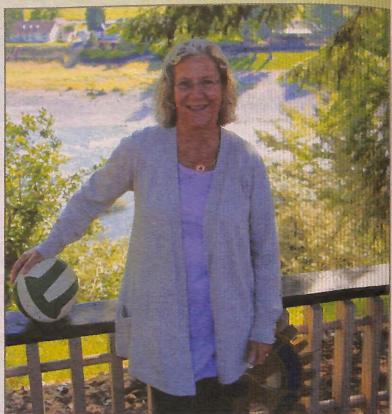
"Our professional careers do not have many points of contact. Because of UCC, we developed a friendship that led us to where we are today. I don't think there would have been a chance of us ending up together without this college," Dan Yoder said.

Two years after retiring as UCC's volleyball coach, Yoder was hired as athletic director, a position she's held for the past 12 years. While the college has experienced a number of administrative changes over the past decade, the athletic department boasts some of the college's longest tenured employees. Yoder, Rod Snook and Dave Stricklin provide a combined 82 years of experience in athletics. With 22 years coaching women's basketball, the short-timer of the group is Stricklin. He reflects on what Yoder has meant to the athletic department.

"Athletics are constantly changing," Stricklin said. "Dealing with young athletes, it changes day-to-day; it can be a rollercoaster. With this department, there has been some continuity. During my time here, we've seen such an influx of administration. Anytime someone new comes in, they have somewhat of their own way of doing things. Sometimes it's major changes, sometimes it's minor changes, but there always is something different. She's had to always adjust to that, to I don't know how many presidents or administrators. While our department has had that continuity, there hasn't been that elsewhere on the campus at times, and she has certainly done a great job of keeping us intact."

As athletic director, Yoder has been proud to watch a number of programs flourish, notably, the creation of the weight room's Fitness Tech program, providing a one-year certificate for personal trainers. She has also watched over the continued growth of the school's many outdoor programs. However, there are projects Yoder wishes she could have seen come to fruition.

"I really wanted to get baseball and softball going," Yoder said.



Dustin Barneburg/ Mainstream Alumnus

Athletic Director Cheryl Yoder is retiring after 30 years at UCC. Yoder also filled the roles of educator and coach. She has inspired many during her time here. Now, Yoder plans to begin a new chapter.

"I kept saying, 'I'm going to die before I'll let that go.' I'll still push it. There has been some pressure in the community. I think financially some people don' think it's ate right time. But I disagree. I think adding sports brings students, FTE (fulltime enrollments) and tuition to the college. What other programs can bring 50 to 75 students right now on campus? We are one of the few."

While there is no indication that baseball and softball programs will be added at UCC in the immediate future, the prospect of adding the sports falls on the lap of the new athletic director to champion.

Applicants for the new position have not been gathered at this time.

"I don't know if I can offer any advice to my replacement," Yoder said. "I would say really spend time making community connections. Spend time in the community because these are the people who are going to support your program."

With Aug. 31 slated as Yoder's last official day at Umpqua, Yoder will soon stare what sile carts 'friese wo' of her life, closing a 30 year chapter, only to start a new one. Many of her colleagues reflected on how much she would be missed.

"Cheryl is someone that
everybody loves on this campus,"
UCC men's basketball coach Daniel
Leeworthy said. "Everyone respects
her, and she is a friend to everyone.
Her opinion definitely matters at this
school. To me it's more than that.
She has been welcoming and been a
friend to me and my family ever since
I got here. Even though she is from
California, she is what I call the true
definition of an Oregonian. She loves
this area, loves Douglas County and
has given her heart and soul to this
campus." •



#### Find all the graduation caps throughout the newspaper.

#### MANAGING EDITOR:

Alicia Graves
DESIGN EDITOR:

Kayla Towers
WEB EDITOR:

Casey Conemac

WEBSITE SUPPORT: Casey Conemac

SENIOR REPORTER: Vaughn Kness Brandon Taylor

#### REPORTERS: Alicia Graves, Brandon Taylor Farrah Kincheloe Trick Schneider

Haylie Ellison Vladimir Sovyak

PHOTOGRAPHER: Brandon Taylor

OFFICE ADMINISTRATOR: Trick Schneider

#### SUBMISSIONS

The Mainstream is an award-winning member of the Oregon Newspaper Publishing Association. Guest articles are welcomed but see mission statement for additional submission information. All copy is due every other Tuesday.

THE MAINSTREAM

#### MISSION STATEMENT

The Mainstream is a designated student forum written to promote the activities, events, and interests of UCC. Its primary focus is on hard news relating to campus events or personnel, especially as students are affected, but features, art work and poetry may be accepted. Any opinions or art presented in The Mainstream do not represent the viewpoint of this newspaper or UCC.

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You're off to great places! Today is your day! Your mountain is waiting, so get on your way! — Dr. Seuss

VIDEOGRAPHER:

Brandon Taylor

DESIGNER:

Kayla Towers

ADVISER:

Kimberly Phinney

Melinda Benton

## The Mainstream wins 11 awards in tumultuous year

VLADIMIR SOVYAK The Mainstream

The Mainstream journalism staff broke its own record for awards with this year's wins. The staff took home 11 awards topping the previous UCC record of nine awards for journalism.

These awards were earned for stories published from May 2105 to February 2016 in the state competition sponsored by the Oregon Newspapers Foundation. Annually, ONF runs the Collegiate Newspaper Contest, a competition for all college and university newspapers in Oregon. UCC competes in Division 3, specifically for all state community colleges.

"It's hard to keep writing about something that affects you personally"

-Alicia Graves

The Mainstream competes against community colleges with larger student bodies often with significantly more funding. "This year's wins are exceptional, not only because of the level of competition, but also because of the many challenges we faced this year: our emergency communications related to Oct. 1, the dark topics we had to cover, being a liaison for students' concerns all year, staff turnover, and a substantially increased workload with budget cuts. I couldn't be prouder of this staff and what they accomplished together," detailed Melinda Benton, The Mainstream adviser.

Awards were presented at the University of Oregon May 13, 2016, at the ONF Collegiate Day.

The Mainstream staff and adviser also presented a panel discussion on covering the events of Oct. 1 to state collegiate journalists and their

The past year has been tumultuous for the staff. "Stepping in to a role that I didn't expect to be in after only writing for the paper for one term was very unusual," recounts Alicia Graves, the current editor of The Mainstream. "We put out the first issue the first week back to school after Oct. 1; our previous editor had a very hard time and had to step down. At the same time, we were trying to keep the family, The Mainstream family, from falling apart," Graves

"It's been a rollercoaster of a year. My health took an extreme turn and continues to be a constant struggle. There are many heavy decisions that I have to make, often without the staff even knowing about them." Graves confided. Graves functioned as both a student and a publication editor while she was trying to move on with her own life after Oct 1

Vaughn Kness, a senior reporter for The Mainstream added, "It's hard to keep writing about something that affects you personally, and to have to keep revisiting that."

Graves will continue working in journalism. "I plan on going to the UO for my bachelor's and hopefully continue at UC Berkeley for my master's. I would ultimately like to work for an entity like Time, National Geographic, or for the Center for Investigative Reporting," Graves said.

For Graves, bringing public awareness to pertinent but underreported topics is a significant part of what makes journalism most rewarding for her. "There have been stories that we have reported on this year that have enacted change. Hearing that we provided someone with information that they needed



Brandon Taylor/ Mainstream

Vaughn Kness shows off all his awards. He won four for his stories.

made everything worthwhile," Graves stated.

Graves is motivated by her fellow staff. "Seeing the growth of the staff members I have been working with, seeing them get recognized for their efforts through recent awards is rewarding," Graves said.

Vaughn Kness went home with four awards for his writing. Two of these awards were first place in state recognitions. "I have been writing since I was six or seven. I'm still not as good at it as I should be. It's a constant challenge to the mind. To be able to create and use things to influence people and affect them has been something I have always enjoyed," Kness said.

Kness had to considerably change his writing style when first reporting. "The first year I didn't exactly know how to write for journalism. I was more used to writing in a creative style, in flowery language. I had to change my writing style to a journalism format," Kness



Kayla Towers/ Mainstream

**Design Editor Kayla** Towers takes a selfie with other staff members.

However, Kness overcame this stylistic obstacle. "I chose topics that were close to me, movie reviews, art and poetry. As time went on, I then learned how to write for a newspaper by working on the format of lead sentences, transitions and removing the frou-frou language," he continued.

Kness is particularly keen on writing more reviews for journalism. "I have shot scenes. I have written scenes. When I can take that to the newspaper, that is really relaxing," stated Kness.

Like Graves, Kness is also looking to continue journalism as a career. "I saw journalism as a form of writing that I could actually make money affaf as compared to other forms of writing," said Kness. •





Kimberly Phinney/ Mainstream

The Mainstream managing editor is Alicia Graves.

Collegiate Day Awards:

First Place for Best Sports Story **Dustin Barneburg** First Place for Best Writing

Vaughn Kness First Place for Best Feature Story

Cassie Bauer First Place for Best Editorial

Vaughn Kness Second Place for Best News Story

Vaughn Kness Second Place for Best Sports

Photo

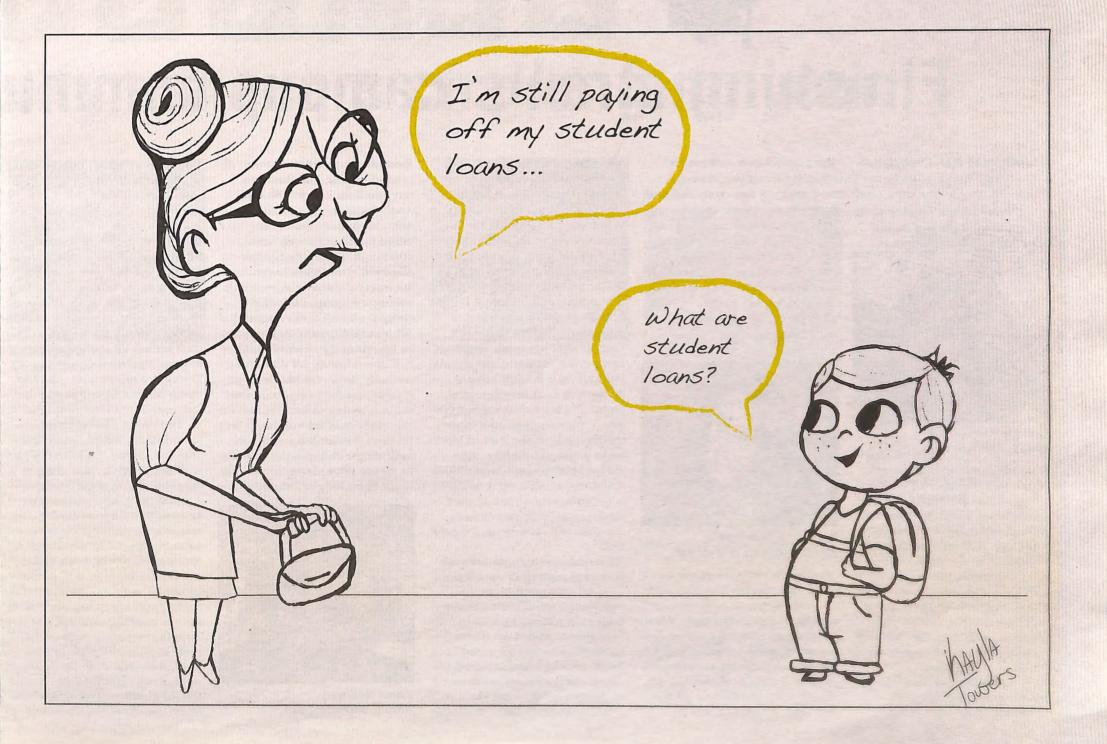
Amy Risinger Second Place for Best Review

Vaughn Kness Second Place for Best Editorial

The Mainstream (statt) Third Place for Best Feature

Story Jacob Lebel Third Place for Best Sports Photo

Hannah Hawkins



### Associate of Arts Oregon Transfer

Jennifer Noel Abel Christina Marie Anderson Kellie N. Anderson Julie Lynne Arnold Gabrielle Leeann Arts Anne Marie Austin Maria G. Aviles Gerardo Aviles-Leon Tabatha Sky Baker Stacya C. Baker Tresa Lee Ballard Chad Joseph Bebeau Lindsey Marie Birch Shasteal Nicole Bogdanoff Deanna Marie Boyd Kristen Marie Brady Theodora Daine Brooks Summer A Brown Brittany Ann Brown Tayler Anne Bruder Garrett Lee Burris Shannon McCarron Caley Delanie Jade Cantrell Sandra D. Cantrell David Bradley Capelle Courtney Marie Case Christina M. Chamberlain Jeremy Michael Changala MaKenzie Dawn Chapman Mikaela J. Chasteen Hugo Aldair Chavez Cody R.L. Clark Candi Lynn Clark McKala Jean Coffel LaRae Amanda Coil Jubilee M. Conner Ryan Neill Cook Daniele Rene' Cooper Bridgett Ann Cowan Samuel David Crawford Heather Elizabeth Crittenden Alicia Crockett Kierstin N. Darby Jasmyne Davis Erin Ione Davis Nicolas Govani De Santiago Michael C. Dixon Abby Ann Dooley Jasmine Regina Pascua DuBose Haley Claire Duncan Haley A. Egger Wesley Jackson Elefritz Ashley Christina Elias

Chloe Jayne Chambers Joshua James Enloe Kayla Marie Epperly Michelle J. Epps Jedikon Travis Erickson-Good Angelina Marie Esper Michelle Suzanne Evans Alexa Nichelle Evans Myles Jordan Feral Oswald J. Fett Ashley Nichole Figueroa Alexander Danger Adventure Fitzhugh Douglas Lee Floyd Nick J. Foley Rebecca Mae Foster **Emily Sue Fowler** Ashlee Marie Fox Tessa Leigh Franklin David Fregoso Joshua Duane Friedlein Graciela Iris Garcia Dylan R. Garoutte Katherine Ann Garrido Whitney Nicole Gasner Madeline Mae Gidcumb Jamie Marie Glen Saige Reann Gombart Sara Marie Gordon Mikayla Taylor Groothuis James L. Gugel Teresita Carolina Guzman Nader Mark D. Hamel Tami L. Hansen Cody Johnathon Hansen Kisha Leigh Harp Nicholas James Harvey Adrianna Marie Hollman Blayke I. Hosford Rachel Rose Hukel Josie Nicole Humbert Cristi Ann Hunsaker Austin Steven Hunt Shaunta Lenae Jackson Debra Lee Jensen Erin Kristine Kelley Farrah Jean Kincheloe Sawyer Jane Kluge Vaughn Allen Kness Kimberlee Alyse Krewson Jake Ira LaCosse lenica. Elica Leannercaux Eriann Marie Lanning Riley James Thomas Lavin Jacob Lebel Hannah Frances Lee Cheyanne Renee LeFevre Michael J. Lewis

Colette F. Lynch-Sajo Emily Ann Lytle Veronica Lynn Mackenzie Hope Ann Maio Tonya L. Marino Robert T. Martin Jr. Erin D. McKinney Rebecca Anne Miles Kaylee Maureen Milholland Ashley Renee Miller Olin Rusty Mackinley Mincher Kyle Matthew Monteith Anna M. Moore Elisa Chance Marie Moore Jessica Cervantes Morales Anna E. Mumm Justin S. Murphy Savannah Jean Nardli Stephen J. Nardli Kindra E. Neely Megan Denise Neff Julia Irene Neptune Kevin Van Nguyen Jared Benjamin Norman Amie Lynnette Odom Darby Erin Michael O'Grady Katelin Marie Osburn Madison G. Pape Jennie Parker Ashli L. Payne Kevin James Penny Edgar L. Pérez Silvestre Aurora Elizabeth Petterson Kimberly A. Phinney Chloe Anastasia Quinn Joshua James Ramm Katrina Ann Ratledge Dianna Lynn Risenhoover Hannah Morgan Roberts Rheo Antonia Rocco Marcie Elizabeth Russell Rebekah K. Schneider Natalie Sophia Schwartzbauer Sarah Marie Shinn Tera Elizabeth Shirley Matthew Logan Shumway Cora June Siebert Brandon D. Slone David J. Smith Tammy Marie St Amand

Tammy Marie St Amand

Thana D Stanley
Ashlee J. Starnes
Myressa Kaye Starnes
Riley Jean Steiz
Cody Glenn Stone
Autumn Dawn Stone

Joede Alyssa Micah Ortega Stonebraker

Christina Lee Terhune Ian Andrew Thomas Johnathan Neal Thompson Weston Lee Tilton Bryanna Nichole Trevino Patrick A. Trudeau Elijah LeBron Trullinger Brenda Fabiola Valenzuela Ellie Dominque Van Hattem Sherri Marie Vike Sonya Hong Walker Shalene Wednesday Walton Kelsey Grace Warren Davis Randall Weiss Joseph Aaron Wetzel Lorenzo A. Wilcox Maycie L. Williamson Austin James Windish Kayla M Winston Christa Winter Wright Connor Wade Yegge Jenny Lynn Zavala

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Brady J. Haskett
Joshua E. Mattox
Camren James May
Olin Rusty Mackinley Mincher
Richard John Perry
Cael Markland Telford

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Elery Blaine Perry

Rebekah K. Schneider

Samuel Warren Sparks Daniel Foster Wall Nathaniel Lawrence Winston

## Associate of Applied Science in:

#### **Administrative Assistant**

Charline D. Amsbury Patricia Dawn Bryant

#### Administrative Medical Assistant

Kasey Leigh Coleman Bailey N. Lynn Kathryn Ann Wise

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Dalton T. Braack
Samuel Everet Brandt
Camrin Tyler Hicks
Theran Alan Hunt
Traci L. Myers
Eric Lloyd Percell
Lori Ann Sappington
Alexander Joseph Young

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Taylor Marie Clyde
Ryan Neill Cook
Julie Anna Cook
Ashley Marie Hampton
Angela R. Hicks
Aysha M. Leatherwood
Georgina N. Pulman-Olzaski
Donald Dean Stratton III

#### **Business Technology Accounting**

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Jantyne Koreen Bunce
Rachel Kav Ann Maria.
Lisa M. Cram
Janet A. Rice
Alisha Ortega Sidenstick
Brandy M. Wright

## Finishing strong: campus commu

#### FARRAH KINCHELOE

The Mainstream

A few of this year's graduates offer advice to new and returning students about challenges and achievements.



Farrah Kincheloe AAOT, PR Asst.

What advice would you give to new or returning students?

Never take on more than you know you can handle and ALWAYS ask for help even if you don't think you need it. Exchange numbers with the person who always sits next to you or at least near you in case you were unable to make it to class or you need help on an assignment. Don't forget to set aside some time that is just for you, no homework, no studying, no work, just you. Last thing is to simply enjoy the experience.

What challenges have you overcome in order to graduate this year?

Every person has a different

struggle, and I am no different. My struggles were my own; however, I never dealt with them on my own: great friends, family and teachers, tutors (hehe) have helped me get through this past year. There were times I wanted to give up and times that I thought I couldn't keep going. They helped me tread that deep water by coming along side of me and held me up so I wouldn't sink. I can finally see that light at the end of the tunnel. And is it not the brightest thing I ever saw?



Myressa Starnes AAOT Human Services

What advice would you give to new or returning students?

My biggest advice would be to not to stress on the little things and treat your class work like it is a job. I noticed towards the end of my studies at UCC that stressing out makes it a lot harder to focus on my schoolwork and it actually made it a lot harder for me to get my work done on time and caused me to

procrastinate. Procrastinating is never good, especially if you plan to do well in a class. Doing well on exams takes hard work and a lot of time studying, so treat your class work like it is a job. Show up to class every day and on time. Always make sure your homework is turned in on time and, if you can, work on your homework assignments as soon as you get the assignment. Doing this will help you have time later on in the week to study for your exams. Study for all of your exams even if you think you don't need to. Don't cram your studying in the night before or the day of an exam, study as soon as the lecturing begins. This will help you actually maintain the information you are learning. Cramming makes it a lot harder to remember the information and more likely you will forget most of the information while you're taking the test. Most importantly, learn the best note taking and studying techniques that work out the best for you and good luck!

#### What challenges have you overcome in order to graduate this year?

I am a first generation college student which sometimes makes it hard on me. A lot of the times I feel like I absolutely have to do great in my classes or I would fail my family. Yet other times I felt like it would be okay to quit because no one else in my family is going through what I am going through with school. I also work

about 28 hours a week while going to school full time and volunteering at organizations around the Roseburg Area. I began getting so stressed out with it all on top of my bills that I wanted to drop out so many times, even though I had scholarships that paid for all of my tuition. To overcome this feeling of not caring anymore and wanting to drop out, I confided in my family. I called my mom every time I felt this way, and she would talk to me for however long I needed her to. My mom always told me that if I wanted to pursue my passion that I needed to go to school, and that I was so smart that there was no point in losing my dreams over a little stress that would end in a few years. Because of my mom, I am transferring to the University of Oregon for the next two school years, and I will be getting my bachelor's degree.



Tami Hansen AAOT, Family Law

What advice would you give to new or returning students and what challenges have you faced?

I believe that life is an education

and our instructors have spent their lives developing their ability to promote our lives and equip us to carry the torch. Gratitude and grit are the two major factors that have helped me to make it through. Be thankful for each day, and prioritize, persist, and pursue your goals positively. Be sure to ask questions, don't just seek the answers gain the understanding behind the answers. Don't be too embarrassed to seek help: the advisors and the TOP program have been excellent resources to me and I believe are essential components to every student's ability to learn and grow through their college journey. Life is full of challenges. I have struggled this year with a myriad of emotions. After October 1, my life perspective has been altered; my son was in a class next door, the reality that life is fragile has been impressed upon me deeply. have grappled with my desire to earn an education, but desire to be safe and protect my family. As a result, balancing my family life and putting them first while working hard to gain an education has been an enormous challenge. Being thankful and mindful of the fact that "nothing new is under the sun" gives me an assurance that the things that I fear and am unsure of are opportunities for me to grow and blossom through.

Miranda Julia Misiti Fracy J. Placido Chace Beau Sheldon

Civil Engineering & Surveying

Ricky L. Brammer Anthony Paul Nolet

Computer Information Systems

Michael Chase Ankeny Cassie Lin Bauer John Black Serafina B. Hall Benjamin David Hango Benjamin Kyle Lanegan Timothy J. Monger Jarrod M Rice

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Ashley Renae Alliman
Elijah Jaymes Dunnavant
Ashlyn M. Harvey
David R. Kerruish
Sara J. Layman
Megan M. Lymath
Nicholas F. Murtha
Bradley C. O'Dell
Sebastian Dario Terrel-Perez
Christopher A. Vincent

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Jennifer Lynn Galster Ashley M. Morin Krista Marie Mudrow Megan Elayne Smith Nichole Naumi Zamarripa

Electrician Apprenticeship Technologies

Brian L. Cross

Emergency Medical Services-Parametricine

Dario Antignano
Nicholas G Bacigalupo
Stephen M Beach
Brandon Lee Bowers
Amanda L. Campbell

Lindsey Maye Chitwood Christopher J. Ewing Bryan C. Jorgensen Jenessa Helene Lystrup Jack Robert McGinnis Kevin Lonnie McKim

#### **Executive Business Assistant**

Myrna L. Brown Candace N. Gibson

#### **Health Informatics**

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Ruth Ann Clark
Scott Edward Davenport
William Ryan Eifert
Laura Lee Floeck
Terry A. Goldsworthy
Angelene Renee Griffiths
Rebecca Jane Martin
Angela Leigh Mays
Catrina Lynn Miller
Rachelle L. Reed
Jennifer Anne Simon
Katie E. Slone
Roberta Elaine Smith

#### **Medical Office Administration**

Tonya Estrada Arroyo Carolyn F. Barrows Lisa Ann Carter Crystal A. Halterman Chelsea Nichelle Hansen Jeana Marie Killgore Debbie Lou Reilly Samantha J. Rose-Adkins Andree Ann Shidlovsky Sarah O. Stamps

#### Nursing

Keeley Marie Alvarado-Hackett Michelle LeAnne Bretches Brittany Ann Brown Jennie Deen Chrisenbery Harrison G. Clute

Kimberly Denise Daley Sylvia Annamarie DeVine Joel Collins Eckard Alisha K. Evarts Steven Forgue Jennifer Lynn Hollingshead Cortney Danielle Humbert Ashley Desiree Kerber Joseph Kovolisky Natasha Kress Maria Rafaela Mendoza Krogh Megan S. Lawson Beth A. Linville Hensel C. Maddock Joanna Sue Mansanti James Tyler McCarty Eden Olivia Miller Anna M. Moore Tracey Kay Pe Benito Nicole Jasmine Velasco Pecheny Allison Ruith Moeller Andie Michelle Sewell Sierra Dawn Smith Amelia Gloria Snow Tammy Marie St Amand Katrina Ann St. Clair Joede Alyssa Micah Ortega Stonebraker Ayla Therese Taylor Karen Michelle Tompkins Stacey Anne Turner Darin James Werlinger Sheri Stinnett Wiley

#### **Paralegal Studies**

Sherry L Cooley Stacie Kathleen Dhone Maria T. Gomez Bonnie Sue Hamlett Teri Hammons Kasey Ann Levesque Crystal Dawn Painter Jocelyn Taylor Harlacher Aimee Nicole Stark Patricia Jo Winter

#### **Visual Communications**

Kayla R. Towers

#### Viliculture and Enoibgy

Jonathan James LeBars Jessica Sue Nelson Michelle Lynn Shaffer

#### Welding

Eric Lloyd Percell Brett M. Smith

#### Certificates in:

#### **Addiction Studies**

Heather Ann Albers Laura Lee Floeck Roberta Elaine Smith

#### Business Technology - WAFC Retail Management

Ryan L. Rushton

#### **Culinary Arts**

Jacob T. Beaty Darrin Dean Bradfield Douglas Lee Floyd

#### **Dental Assistant**

Jessica Rose Baker
Kaitlin Marie Carpenter
Maile Makanalani Chong
Destinee Marie Eisenstein
Shonette Lousie Ernest
Ashley D. Farley
Channelle R. Nelson
Hannah V. Taormina
Tiffany Adriana Ward

#### Fitness Technician

Braeden Michael Counts Johnathan Neal Thompson Daniel Foster Wall

#### Front Office Medical Assistant

Lisa Ann Carter Crystal A. Halterman Chelsea Nichelle Hansen Andree Ann Shidlovsky

#### **Juvenile Corrections**

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#### **Legal Assistant**

Maria T. Gomez

#### Medical Billing & Collections

Lisa Ann Carter Crystal A. Halterman Chelsea Nichelle Hansen Samantha J. Rose-Adkins Andree Ann Shidlovsky Curtiss A. Tsai

#### Office Assistant

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#### Paraeducator

Heather Elizabeth Crittenden

#### **Practical Nurse**

Ian James Buckland Roy Everett Hines

#### **Public Relations Specialist**

Abby Ann Dooley Kimberly A. Phinney

#### Viticulture

Jonathan James LeBars Jessica Sue Nelson

Michelle Lynn Shaffer

#### Welding

Shane Clay Hagberg

## nity conquers challenging year



Katrina St. Clair AS Nursing

What advice would you give to new or returning students?

The best advice I have for any student is never lose sight of what you want, never give up on a dream no matter how far out of reach it seems, and never let anyone or anything change how you see yourself or the goals you want to achieve. It may be a long and hard road, but the things we have to fight the hardest for in life are often the things that mean the most and make us who we are.

What challenges have you overcome in order to graduate this year?

My first year I was unsure how I would pay for school and still be able to cover the cost of daily living, but I found a couple of part time jobs and made things work, I took some classes online to free more time for work . . . . Second challenge was completing all of

the necessary credits; my counselor told me I needed too many credits to complete them in one year, at least successfully. Well, I proved him wrong. I took more credits each term than most people would consider, I was dedicated to what I knew I needed to do, I gave up a lot of social and family time and I studied.

Finally, my biggest challenge was accepting the fact I have a disability and asking for help. October 2015 changed the lives of many people including myself. It was a very emotional time and it exacerbated my PTSD. In a time when people should have come together and been supportive, some people gave me a hard time because of my disability and the side effects it had on my life. I was made to feel like less of a person and I was even told I did not belong in nursing because of my "mental disorder" (PTSD), but I sought out help through a psychologist and opened up to people who also live with PTSD. I talked with Disability Services, and they offered support/help through accommodations.



Graciela Garcia AAOT, Applied Mathematics

What advice would you give to new or returning students?

Keep up to date on homework and things, but leave time for fun stuff. Never overwork yourself if you can avoid it. Ask for help when you need it! There are countless nice people on campus who are always willing to lend a hand.

#### What challenges have you overcome in order to graduate this year?

Sleep deprivation ... still haven't overcome that one yet ... but this past fall was definitely an obstacle for the entire campus. I'm thankful that I wasn't as involved as others so I could help those who were overcome with stress and anxiety that resulted from the event. I think, as a whole, the campus was able to unite and help each other

recover from the losses we experienced that day, and I'm proud to be a part of



Kayla Towers AAS, Visual Communications

What advice would you give to new or returning students?

If you're going to be an art major, you need to have a portfolio to carry your work in. you don't want to get caught in the rain with a charcoal drawing. It probably won't be pretty. But who knows, maybe the rain can make it beautiful.

What challenges have you overcome.

#### What challenges have you overcome in order to graduate this year?

My biggest challenge was getting a degree after my program was cut. When the Visual Communications program was cut, many students changed schools or majors, but I stayed to see it through. And while this can be fun at times, it can be challenging to not be inspired by

other students' comments and projects. I owe my teachers a million thanks because they worked so hard to help me, and I couldn't be more grateful.



Joshua Friedlein ASUCC Vice President

#### Advice from ASUCC Vice President

"For me, commencement represents the finish line. It's the end of an all-out-sprint that I've been in, and while it has appeared in the past there was little to no hope, I can see the light at the end of the tunnel. Commencement represents success and triumph. I'm honored to graduate from UCC, and I will never forget the memories that I have made here." •



### Moving on

## Remembering the year's triumphs and traumas

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping."
- Fred Rogers



Provided by Art Lucero

The Mainstream staff members, in clockwise order: Kayla Towers, Trick Schneider, Casey Conemac, Farrah Kincheloe, Haylie Ellison, adviser Melinda Benton, Alicia Graves, Kimberly Phinney, Brandon Taylor, Vladimir Sovyak and Vaughn Kness.

#### VAUGHN KNESS The Mainstream

As I write this final article as a student reporter, my page is empty, but somehow so full of reflection. The words, yet to be laid down, repeatedly turn over in my head. Writing is always drawn from insight and capability, but during times like these, words are a writer's soul made with letters.

That's what makes writing difficult. To look back on and fathom the journey from fall term's tragedy to graduation is to pierce a scar. This is the last I will write on the subject and my last article for The Mainstream in general. That is tough to comprehend, difficult to agree with, but, above all, sad to consider.

The Mainstream paper has been the outlet of my emotion, my catharsis for the past. Without it, well, I doubt much healing would ever have occurred within me. Now, I can see that hated October day more clearly without being stricken by the knowledge that it happened, that my school was forever changed in the stroke of minutes. That day exists, we here wrote on it, we led a movement for information and progress, but we also have since begun to cauterize our wounds.

Words are a relief and have been the biggest detractor of pain for many. Whether we journal in private or speak to a counselor or friend, words are freedom from the negative emotions that weigh us down. No, the pain does not subside completely following a period of writing or a conversation, but none of us are the worse for expressing.

Research by Dr. James W. Pennebaker, of the University of Texas, Austin, shows that expressive writing (writing about trauma) has helped college students reduce pain

medication and visits to health centers. Research done at the University of Chicago has found that students who write about their feelings and ideas before an exam score higher grades. That made The Mainstream my best outlet for emotional exercising. Although we here had to cover the events, and in the process perpetually reopen our closing wounds, in a way our goal was to heal long term. Every word tore a new gap in the heart, but it was through these gaps that our fury and pain was released and purged. However, freedom from trauma is never a straightforward path. "Recovery does not necessarily mean complete freedom from posttraumatic affects. Recovery is an individual experience and will be and look different for everyone. In general recovery is the ability to live in the present without being overwhelmed by the thoughts and feelings of the past," the Manitoba Trauma Information & Education Centre explains.

Therapy helped others. Speaking to a counselor is just as much a conscious decision to heal as it is a series of psychological discussions. Trauma cannot sustain itself when feeding on live words; instead, it slowly decomposes until nothing but sadness is left or anger that it controlled you for so long.

Healing also comes through community support, and the community we experienced this year was exceptional. When the campus first reopened, a plethora of hugs, kind words and true empathy were given by everyone. Simple acts of kindness like the ones given those first few days were the base foundation for the campus's healing. A hug given by a stranger had a rippling effect like a leaf atop still water.

Something deeply human was reflected in these interactions, as if all that was vile at the time morphed into

an understanding that most people genuinely care for others.

The Roseburg community, and Douglas County as a whole, actively helped to enliven UCC's spirit. Signs promising prayer and well-wishes, citizens rallying around us, the supporters lining College Road to welcome us back, the donors who continue to provide aid, they all still amaze me. Every day I see a "UCC Strong" sticker in someone's rear window or see someone wearing a shirt with a message of solidarity. It is a small gesture, but a new world of hope forms from knowing that others care.

"Simple acts of kindness like the ones given those first few days were the base foundation for the campus's healing. A hug given by a stranger had a rippling effect like a leaf atop still water."

-Vaughn Kness

The embrace of our troubles spread farther than the reaches of Douglas County, too. The recovery dogs that came to campus were another simple gesture, but their effect is beyond description. Even if one student felt comforted in the embrace of the animals, and that helped them inch closer to normalcy, then their impact could never be understated.

Professors and students of

the University of Oregon — once unknowns, now friends — supplied us with camera equipment and other commodities. And while I appreciate that to this day, what was better were their words of acknowledgment and support. The biggest school in Oregon cared for us, genuinely, and suddenly that imposing place and those imposing people were human.

Where I have seen the greatest impact, however, is among the UCC staff and student body. On Oct. 1, the UCC I knew disappeared, replaced with a residence of trepidation and grief. There were questions from us all on whether we would return to a place that reminded us of the greatest harm we had ever witnessed. The school and its denizens could have crumbled beneath the negative concept of their school, but they instead relied on the history and emotion of its previous 51 years as an educational establishment and returned. Without that struggle, growth would never have happened. People here have changed in a slow yet steady evolution, a process that should have been decades in the making, but took only a few months.

I changed. For a time, the world was a bit less purposeful, a bit less comedic, and I was at its center, frozen. Maybe that is a bit too much to say, but certainly my old way of living is gone.

Life has evolved. There are times when I look at this vast, beautiful campus or admire the river that saws the land around us down, and things are clarified. These were all here before, and tragedy did not burn the land or wilt the water. The world is not destined to be hated or pitied; what we first feel in ourselves we see in it, and only then does it change.

Melancholy is not the destiny of my world. I decided that after much deliberation and anxiety. Of course, I had my own heroes who helped me create that perception, and I call them that knowing their actions were not worthy of a Hollywood blockbuster or even a newspaper profile, but they affected me to seek change.

All it took were some words or a simple gesture. The actions seem so remedial, as if their simplicity makes them unworthy; there is nothing further from the truth. My mother, Tara Kness, and the rest of my family supported my endeavors, gave me counsel and never believed Oct. 1 was the end. My girlfriend, Jenica Lamoreaux, stayed by my side and helped prop me up while I did the same for her. And, of course, I was helped by The Mainstream staff, whom I've lived with and consider family, including adviser Melinda Benton, who has looked over and nurtured my writing to a respectable quality, Alicia Graves, who took over the role of editor and has kept this newspaper above ground, and the rest of the staff, my friends, whom I could speak freely with in a wide range of matters from the shooting to more lighthearted topics like the newest movies coming out. Without them, and without writing, I would not be the same man I am now.

Words are not enough to describe the change in me this year has brought, but they were enough to affect it. People have influenced me, and the bravery of each individual student and staff member who returned to UCC after Oct. 1 has inspired me. I hope, one day, that the school can look back on Oct. 1 and not see the tragedy that befell it, but instead see the long path of recovery and growth it excelled in. UCC deserves to be more than a memory of pain; it deserves to be known as the place that defeated it. •



The Mainstream

Graduation Committee plans commencement ceremony

**BRANDON TAYLOR** The Mainstream

The Graduation Committee was one of six committees assigned to help with recovery after the Oct. 1 shooting. One of the goals of the committee was to ensure that this year's commencement ceremony was the same as previous years, explained committee member Anne Marie Levis. UCC's public information officer.

However, this year will feature high profile speakers in Gov. Kate Brown and Douglas County Sheriff John Hanlin.

About 1,500 to 1,800 people are expected to attend the commencement ceremony Friday, June 10 at the Swanson Amphitheater. Graduation packets said that 1,000 seats will be available with blanket seating on the

Media companies from Portland and Eugene as well as local media companies are expected to appear. "I don't see this as being a huge big media presence, but it could be. The governor tends to attract more attention," Levis said. According to Levis, there will be an area designated for media companies that is not obtrusive and is respectful.

Having Sheriff Hanlin as a speaker is the result of a student survey. The survey had other high profile speaker options such as Alek Skarlatos, the Roseburg High School graduate who aided in stopping the Thalys train attack in 2015, and Second Lady Jill Biden. Although Skarlatos won the majority vote, circumstances led the group to Hanlin instead, according to ASUCC Vice President Joshua Friedlein.

There are some concerns among students that having Sheriff Hanlin as a speaker may trigger thoughts and stress associated with the Oct. 1 shooting. "Anything I would say to try and alleviate it doesn't give credence to that feeling, and I want to honor that feeling," Levis said, "I think the wonderful thing about having him is that he is a UCC graduate so the nice part of it is that he has real ties here." Hanlin will be in a dress uniform, which is different from his regular uniform, and has been given some talking points to consider for his speech. The committee wants the commencement ceremony to be focused on the graduates, and a moment of silence will be the only real nod towards the shooting.

Gov. Brown contacted the

Staff reflects on the past year



Brandon Taylor/ Mainstream

The ceremony will be at the Swanson Amphitheater.

college and asked if she could come. Brown spoke at the vigil on the first night after the shooting and was at UCC on the first day classes resumed. "She had a huge part in making it a priority that the funding got to Umpqua Community College out of the short session, so she has very, very fond and close feelings for this campus," Levis said,;"I think it's quite nice that she has us as a priority, and thought enough of us to come here."

Tickets are not required to attend commencement, however commemorative tickets and pins will be distributed.

"I hope that commencement is about honoring and celebrating the people who have worked so hard to get here," Levis said..

### ASUCC vote results

Students at UCC voted for two ASUCC officers and 26 constitutional amendments that will go into effect in 2016/2017.

All amendments passed with 78 percent or greater majority vote. A breakdown of the proposed changes to the constitution can be found here: http:// newsite.mainstreamonline.org/asucc-proposes-constitutional-amendments/

The following officers were elected for the 2016/2017 school year.

President: Alexandra Lape Public Relations Officer: Patrick Schneider Vice President: No candidate filed Business Manager: No candidate filed Activities Officer: No candidate filed

### **Outstanding Students**

Criminal Justice **Biological Sciences Ashley Alliman** Alexandra Lape

Auto Technology Library **Jordan Anderson Dan Loomis** 

**TOP Small Groups** Engineering Transfer second year Rebecca Attaway **Madison Martin** 

Calculus first year

**Kortney Moore** 

Mens Basketball Practical Nursing **Tawnya Masters** Mikko Balmes

Viticulture and Enology Nursing first year Jessie Bernardino Leanya Maxfield

Literature

Robert Cline

Jason Buier Jonathan McHenry Volleyball Calculus first year

**Human Services** Rebecca Miles **Trinity Coulombe** 

Speech Communication Fine Art **Charles Crosier** Kindra Neely

> Welding first year Viticulture and Enology **Aaron Davis** Jessica Nelson

Chemical Sciences Welding second year Kevin Nguyen **Anthony DeCamp** 

Water Quality Technology Calculus, first year; World History **Anthony Nolet** 

Joel Dowdy **Public Relations Kimberly Phinney** Welding first year

Mitchell Eibel Management and Entrepreneurship **TOP Graduate** Georgina Pulman-Olzaski

Patrick Schneider

Dan Shepherd

Chloe Elliott Spanish **Dental Assisting** Katrina Ratledge

**Ashley Farley** Communications Leadership

TOP Experience Cohort first year Roy Fenn Marketing and Entrepreneurship

> **Emily Ferguson** Geology

Fine Art

U.S. Government Cora Siebert Linda Freeman

Viticulture and Enology Calculus second year Janelle Skeen Graciela Garcia

Technical Writing; Music Engineering Madeline Gidcumb **Michael Smith** 

Journalism Nursing first year Alicia Graves **Nate Stallings** 

James Gugel Kristen Sterner Engineering Transfer first year Music Studies

History of the U.S.

Michael Hoie **Tristin Thomas** TOP Experience Cohort first year **Human Services** 

Alicia Jones

Women's Basketball Math for Elementary Education Sawyer Kluge Sherri Vike

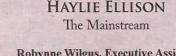
**Byronna Thomas** 

Psychology

Journalism Welding second year Vaughn Kness Tanner Voelker

Nursing second year Nursing second year Natasha Kress Anne Wright

**Biological Sciences Jake Lacosse** 



Robynne Wilgus, Executive Assistant to the President and Board

Q: What is the greatest challenge you overcame this year?

A: The escalated work pace in response to Oct. 1.

O: What helped you overcome it? A: I was always taught to persevere; this time it was extremely difficult, but it kept me moving forward. My faith in and relationship with God was the overarching support in making it through the day of Oct. 1 and the ensuing

Q: Who specifically helped you make it through this school year?

A: Co-workers and my husband

Q: What types of help did they provide?

A: Having supportive co-workers in the midst of such tragic circumstances provided strength and understanding to continue going; we were "walking the road" together. My husband was amazing in providing me multiple opportunities to process. Especially at winter break, he went the extra mile, literally, in taking me back to my hometown, and letting me soak in the beauty and memories. He gave me time.

Q: What advice would you give students about how to finish difficult tasks

A: Recognize it won't be easy - give yourself permission to say this is too hard for me, but then begin moving forward. Have a trustworthy person to be a "sounding board" for processing the challenge. Find time to renew your soul. Rely upon the teachings of your faith.

#### Caroline Randall, TRiO/SSS Director

Q: What helped you overcome the challenges you faced this year?

A: I have a lot of very close friends with strong bonds and my ability to reach out to them on a daily basis and just have somebody to talk to helped me get through this year.

Q: Who specifically helped you make it through this school year?

A: Two of my colleagues, all of my students and my pseudo mother specifically helped me through this year.

Q: What types of help did they provide?

A: They provided me with love, support, laughter and reflection.

Q: What advice would you give students about how to finish difficult tasks like their education?

A: I would encourage students to somehow have a visualization of their end goal somewhere where they can see it every day and spend some time every morning thinking about the tasks ahead, how they connect to the end goal, and thinking about all the positive effects pushing through and completing the task will bring them. They also need to understand that the benefits and profits from their endeavors reach far beyond their degree and that they can't possibly understand yet what those may be. Each opportunity seized opens a door to so

#### Toni Clough, Associate Professor, Business

Q: What is the greatest challenge you overcame this year?

A: With Oct. 1, being able to be a strong person for students who needed me afterwards and how to try and get everything back to normal as much as possible but yet be available to those who needed to talk about it.

Q: What advice would you give students to finish the school year strong? A: To stick with it no matter what gets in your way. If you really want that goal, don't let anyone else tell you otherwise. Don't let them tell you that you can't do something. •







## Media Gircus:

## The News-Review photographer details his Oct. 1 campus coverage

#### **ALICIA GRAVES**

The Mainstream

Editor's Note: This is the second in a series about how UCC's school shooting was covered in local media. This piece focuses on photography and photojournalist Michael Sullivan of The News-Review.

Susan Sontag, author and filmmaker, once said, "All photographs are memento mori. To take a photograph is to participate in another person's (or thing's) mortality, vulnerability, mutability. Precisely by slicing out this moment and freezing it, all photographs testify to time's relentless melt."

In the media arena, photojournalists are storytellers in their own right, conveying emotion, freezing moments in history that may last for centuries. As they capture events and situations one picture at a time, nothing seems hidden, as many celebrities can attest to.

When the media circus came to town Oct. 1, the day of the school shooting, the community was not only inundated with reporters and their microphones, but also with photographers and their cameras. The images that came from that month are still burned into our minds, and questions are still being raised as to why some of these photos were published. After I saw the images of campus on Oct. 1, I shut down and stayed away from media for days even though I'm a journalist.

Pictures are indeed worth a thousand words. Our emotional reaction to images is almost instantaneous while words create a more delayed response. Recently, E.A. Holmes and A. Mathews at the University of Oxford confirmed "that imagery does indeed evoke greater emotional responses than verbal representation."

Photographer Michael Sullivan, who works for the local newspaper The News-Review, provided many of the unforgettable images of Oct. 1 that accompanied stories by reporters Ian Campbell and Troy Byrnelson. "I feel I have the same responsibilities and objectives as the writers in the newsroom," Sullivan said. "We may work with different tools, but we're both trying to tell the story of what

happened at any given event."

That story was so traumatic that it raised many questions and emotions regarding reporting of trauma, but do we stop to think how things looked through the eyes of those who captured the images? Have we considered what history would be like without the iconic images from D-Day that froze those moments of triumph and loss? What about the other visuals backing historical events? For example, we still associate Tiananmen Square with the photograph of the student in front of the tanks, and we continue to be touched by the romanticism of returning soldiers thanks to Eisenstaedt's captured WWII moment of the American sailor kissing a woman in Times Square.

We connect with those pieces of history, with the people captured in those moments of time, because photographers create a human bond that we feel.

In order to create that bond, photojournalists often put themselves into the middle of chaos, grabbing onto images to tell their audiences what is happening and who is affected. As Sullivan explained, "I'm looking for something genuine, something that might, in one frame, tell the story."

One of Sullivan's rules for photojournalism is to avoid juxtaposing his interpretation onto a scene he is photographing. "I don't want to arrive at a scene, breaking news or otherwise, with a preconceived notion, or looking to push some sort of personal vision or agenda," he said. "Overall I strive to be accurate and comprehensive. I'm not taking pictures for myself. I feel the responsibility to be the eyes of the readers who aren't on the scene."

When he comes to a difficult photo shoot, Sullivan tries to remain calm and remember that his purpose is to create a photographic record. He also advises, however, "show up every day prepared to work and learn. It's important to understand that each day and each assignment is an opportunity to learn and to grow."

And Sullivan does not work alone: "We ran a photograph of an individual lying on a gurney being moved by on the front page of that day's edition [Oct. 1]. In the newsroom, our publisher, several editors, our page designers and I



Photo provided by Michael Sullivan/ The News-Review

#### A heartbroken community sought comfort during a candlelight vigil Oct. 1 at Stewart Park. The photograph is part of UCC's historical record.

discussed whether or not it was the right image to run. It was an accurate photo that immediately conveyed the severity and tragedy of the story. That's why we selected it."

The Mainstream asked Sullivan to explain his Oct. 1 experiences as he photographed UCC's school shooting for the local media. He provided the following information by email.

#### Michael Sullivan's Story

"I was finishing a photo assignment in Garden Valley (approximately eight miles from UCC) when I got a call from the office to head over to UCC to look into a scanner report of a live shooter incident on campus. The second I hung up, I heard several sirens from first responders rushing to the school. I hurried to UCC.

"As I pulled up to the intersection for the road leading to the school, I saw a police officer directing traffic. He wasn't letting anyone (other than first responders) drive up to the

campus. But I saw a couple people walking the road to the school. I parked on the shoulder and met up with The News-Review reporter Ian Campbell who pulled in just behind me. We jogged the road to the campus. Fire vehicles, law enforcement and ambulances were flying by in both directions.

"Arriving on the scene, the first responder presence was incredible. Vehicles from all agencies were represented. Police tape had been set up. There were several columns of people lined up, being searched by police as the school was being evacuated. If I remember correctly, that was the first image I made on the scene, a student standing by as a police officer checked her bag.

"Once cleared, people were gathering in large groups on the front lawn section of the school. The mood was extremely tense but not chaotic. A lot of questions and confusion. People trying to figure out exactly what was happening. I don't think the campus had been completely secured at that

point as a tactical police squad showed up and started going from room to room in tight formation I didn't l it at the time, but at this point the worst was over, and the shooter was dead.

"The News-Review is an afternoon paper and I was on deadline to get the photos in for that day's edition. I made images on campus for as long as I could."

As long as the images of that event linger in our minds, the impact is still felt. This remains true for Sullivan, as well.

"It's been over six months, but I think on some level I'm still processing that day and the days after. I know it's changed me but not in a way that I can articulate right now," Sullivan concluded.

Whether we are a photographer, reporter, student, teacher or community member, it is my belief that many of us agree. We are all testifying "to time's relentless melt.".

## In Memorium:

Quinn Glen Cooper Kim Saltmarsh Dietz Lucas Eibel Jason Dale Johnson Lawrence (Larry) Levine Sarena Dawn Moore Treven Taylor Anspach Rebecka Ann Carnes Lucero Alcaraz

To all the inspiring and amazing people in class, on campus and throughout the community, thank you for helping us conquer a challenging school year. Thank you for your support and encouragement. We recognize the uniqueness and celebrate the triumph of each student who finished this school year. You are outstanding!